



Society of
ST. VINCENT DE PAUL
SACRAMENTO
DIOCESAN COUNCIL

St. Vincent de Paul
Sacramento Diocesan
Council

Serving in Hope and Mercy

Celebrating
65 YEARS OF
VINCENTIAN
service

Monday Morning Memo



In my more than 7 decades, I cannot remember a time such as this that we are experiencing. Not with Sars, not with the Swine Flu, not with Ebola. Closing schools, businesses, limiting travel, and in some places limiting access to Mass. The nation has literally been shut down. But this is not news to anyone. If you have a TV, computer or cellphone you have been reading and hearing about this 24/7. And things are changing so rapidly it is difficult to keep up with all of it.

The State of California in line with the CDC guidelines, has banned events of 250 or more for between 6 to 8 weeks. Our Annual Benefit Dinner for the Poor falls within this timeframe. The Dinner has officially been postponed until April 2021.

Although fundraising revenue from the Dinner will be lost, **the Raffle is still on and sales will be extended until May 23, 2020** when the winning ticket will be announced. Hopefully, as we move from April to May this crisis will lessen, people will be returning to Mass, and conferences can have additional time to sell tickets. Remember, 50% of the ticket sales goes directly to the conference selling the tickets.



As we are all aware, our conferences are primarily made up of senior citizens. Sunday “the governor is urging those 65 and older and people with chronic health conditions to stay at home because they can be hit with more severe illness, including pneumonia.” We have many things to consider as we move through the next few weeks. In person Home Visits should be suspended. Phone calls with those seeking assistance should be the procedure for now. If you have a conference where more than 25 people attend meetings, you should consider cancelling meetings and communicating via e-mail or conference calls.

All these guidelines have been put into place to prevent the spread of the coronavirus. Let’s take them seriously and stay safe and healthy.

Oh, and have a very Happy St. Patrick’s Day! I know most events have been cancelled, but with any luck there is still some corned beef and cabbage at the grocery stores for you to prepare at home. Do you think they are hoarding that too? ☐

Have a blessed week and thanks for all you do,

Judy

WHAT CAN YOU DO IF YOU CAN'T MAKE IT TO MASS ON SUNDAY?

By now everyone has heard what Bishop Soto has said concerning COVID-19.

“On March 11, 2020, I granted a dispensation from the obligation to attend Mass on Sunday for those members of the Faithful who are sixty years of age and older as well as those suffering vulnerable health conditions.

*Due to new instructions provided by State and local public health officials, I now extend this dispensation to include **all members** of the Catholic Faithful from the obligation to attend Mass on Sunday. This dispensation will continue until further notice.”*

Having seen the decline in attendance at Mass on Sunday, it appears many are taking this dispensation very seriously. Each day I receive an e-mail from **The Catholic Company** which is an online store for all things Catholic - books, gifts, jewelry, etc. This week one of the e-mails contained a list of 5 things we can do if unable to get to Mass on Sunday. Timely and hopefully helpful to some of you. Here’s the list . . .

Spend time in prayer and read the day’s Mass readings

Spend some time in prayer. (You can even dress as you would if you were going to Mass!) Thank Our Lord for all the times you’ve been able to go to Mass in your lifetime, and pray for those who do not have consistent access to the sacraments. Read the Mass readings for the day, and say your favorite prayers.

Make a Spiritual Communion

St. Thomas Aquinas defined Spiritual Communion as “an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received Him.” It is a wonderful practice for when we are not able to go to Mass.

Here is a prayer by which you can make a Spiritual Communion:

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart.

I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

Bless yourself with Holy Water

When used reverently, Holy Water can help protect us from evil, cure illness, overcome temptation, and even remove the temporal punishment for venial sins! Blessing ourselves with holy water at home and at Church is a wonderful habit to develop.

Try watching the Mass online or on TV

In the digital age, there are countless options for watching the Mass online or on TV. Some parishes livestream the Mass for their shut-in parishioners, and EWTN shares the Mass live on their TV network every day.

Remember to rest and enjoy true leisure

We must remember to rest and relax on the Lord's Day and avoid any unnecessary work. Enjoy the outdoors or play a game with your family, call a friend and catch up, or make a nice cup of tea and read a book outside!

"Christ beside me, Christ before me, Christ behind me, Christ within me, Christ beneath me, Christ above me."

~ Saint Patrick 

"A network of friends, inspired by Gospel values, growing in holiness and building a more just world through personal relationships with and service to people in need."

~ Mission Statement

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